

of good health practices. Certainly, no activity should be included in schools which has been proven detrimental to health, nor should worthwhile activities be conducted in a manner that endangers the health of pupils.

Examples:

A knick-knack food store in the school may prevent the pupil from getting an adequate lunch because he spends his lunch money for candy or soft drinks. These highly refined foods of high sugar content are detrimental to the teeth, unless teeth are brushed immediately after eating and this is not practical at school. (See "Nutrition Education".)

It is recognized that boys and girls should get adequate rest and sleep. However, schools sometimes cause this health principle to be violated by scheduling activities at school during the week which keep the pupils up past their bedtimes.

Another good health practice is to eat meals slowly. Sometimes schedules do not provide adequate time for boys and girls to eat leisurely or to rest after eating.

These are only a few instances where schools must be alert to be sure that all activities and practices in the school program are in accord with good health practices and contribute to the total growth and development of the boys and girls.

Responsibility for the Development and Administration of the School Health Program.

A very important factor in a successful school health program is cooperative leadership by education and health authorities.

While *health instruction* and *school administration* are primary responsibilities of the school administrator and the *control of communicable diseases* is the primary responsibility of the health department, joint planning and working together in these matters usually result in a better school health program.

North Carolina has a Joint School Health Plan (See Appendix). In this plan and in the "Health Services Section" of this publication are suggestions to help the school administrator and the health officer work out joint plans for the health service program for each county or city school unit and for the individual school.

"Public schools cannot surrender the educational program to any other group or organization, nor can health departments or